

EXHIBIT J

WIDE AREA INFORMATION SERVERS, INC.
September 22, 1994

STOCK OPTION GRANTS

<u>Name</u>	<u>Number of Shares</u>	<u>ISO/NSO</u>	<u>Vesting Commencement Date</u>
Dan Aronson	12,000	ISO	01/01/94
Dan Aronson	18,000	ISO	08/20/94
Dia Cheney	2,500	ISO	04/08/94
John Duhring	100,000	ISO	01/09/93
John Duhring	50,000	ISO	01/09/93
Bill Dunn	25,000	NSO	09/08/93
Bruce Gilliat	100,000	ISO	05/01/94
Ben Lai	1,500	ISO	06/20/94
Cyndy Miller-Riley	10,000	ISO	10/17/94
Harry Morris	100,000	ISO	07/13/92
Kevin Oliveau	30,000	ISO	03/01/93
Will Tuthill	5,000	ISO	08/29/94
Larry Steinberg	10,000	ISO	10/17/94
Total Number of Shares	<u>464,000</u> =====		